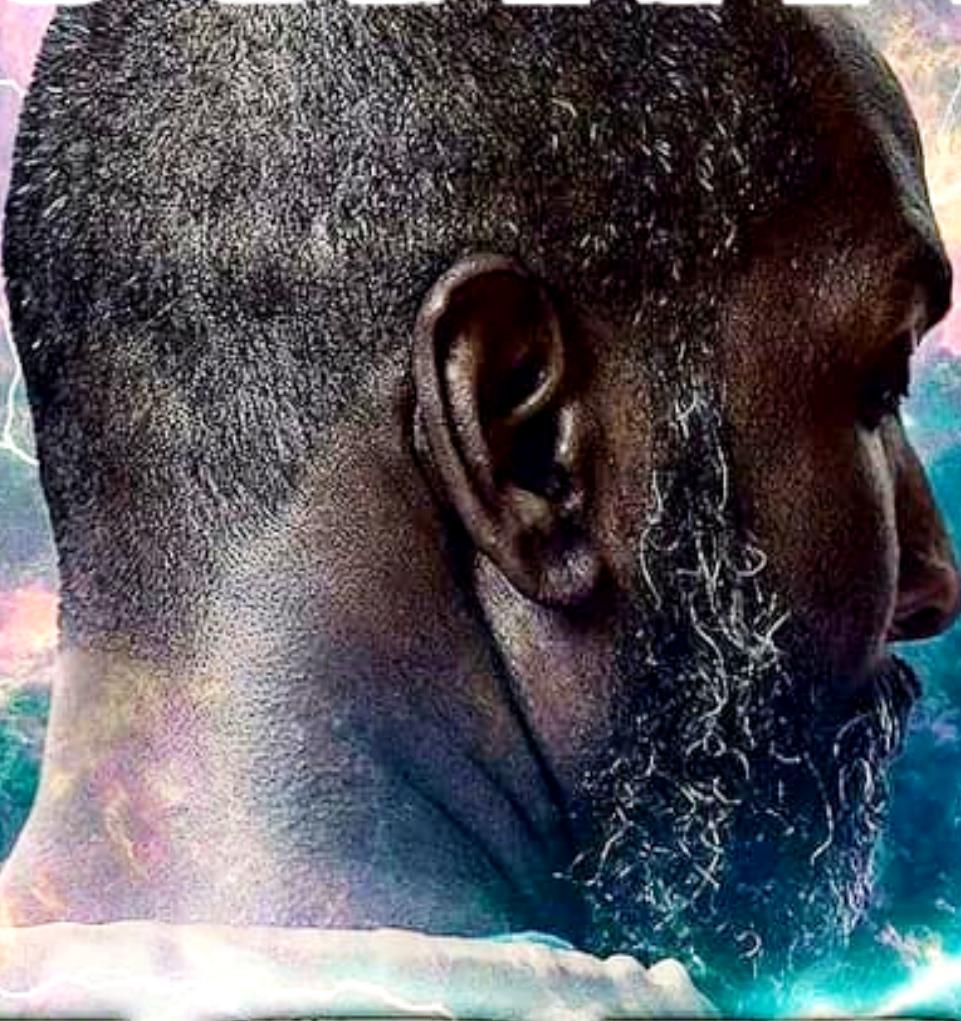


BREWS JOURNAL



GO
ON

LEV



Chronicles

KNOWING THE TIME

Shalom Israel,

As we wait for another year to approach, pay attention to the rise of distress and turmoil in the earth. We are witnessing the prophecies of God being fulfilled in the earth. This is definitely not the time for Israel to waver in our faith, but watch and pray.

ROMANS 13:11

"AND THAT, KNOWING THE TIME, THAT NOW IT IS HIGH TIME TO AWAKE OUT OF SLEEP: FOR NOW IS OUR SALVATION NEARER THAN WHEN WE BELIEVED."

THE FIRST WEEK OF 2021 WAS ONE OF THE DARKEST PERIODS THE US HAS SEEN SINCE THE CIVIL WAR



The US is in shock after one of the most tumultuous weeks in its history. Just seven days in, 2021 is already rivaling 2020 in terms of sheer chaos. www.businessinsider.com

As this kingdom begins to fall let us not lose sight of the Kingdom to come. Let us hold fast to what we know, continue to pray without ceasing and strengthen your faith.

2 Esdras 16:35

Hear now these things and understand them, ye servants of the Lord. Behold, the word of the Lord, receive it: believe not the gods of whom the Lord spake. Behold, **the plagues draw nigh**, and are not slack. As when a woman with child in the ninth month bringeth forth her son, with two or three hours of her birth great pains compass her womb, which pains, when the child cometh forth, they slack not a moment: Even so shall not the plagues be slack to come upon the earth, and the world shall mourn, **and sorrows shall come upon it on every side**. O my people, hear my word: make you ready to thy battle, **and in those evils be even as pilgrims upon the earth**.



ECCLESIASTES 9:4 - 6

FOR TO HIM THAT IS JOINED TO ALL THE LIVING THERE IS HOPE: FOR A LIVING DOG IS BETTER THAN A DEAD LION. FOR THE LIVING KNOW THAT THEY SHALL DIE: BUT THE DEAD KNOW NOT ANY THING, NEITHER HAVE THEY ANY MORE A REWARD; FOR THE MEMORY OF THEM IS FORGOTTEN.

ALSO THEIR LOVE, AND THEIR HATRED, AND THEIR ENVY, IS NOW PERISHED; NEITHER HAVE THEY ANY MORE A PORTION FOR EVER IN ANY THING THAT IS DONE UNDER THE SUN.



FOR THE FLESH LUSTETH AGAINST THE SPIRIT, AND THE SPIRIT AGAINST THE FLESH: AND THESE ARE CONTRARY THE ONE TO THE OTHER: SO THAT YE CANNOT DO THE THINGS THAT YE WOULD.
GALATIANS 5:17

ISRAELUNITE.ORG

ECCLESIASTES 9:7

GO THY WAY, EAT THY BREAD WITH JOY, AND DRINK THY WINE WITH A MERRY HEART; FOR GOD NOW ACCEPTETH THY WORKS.

LET THY GARMENTS BE ALWAYS WHITE; AND LET THY HEAD LACK NO OINTMENT.

LIVE JOYFULLY WITH THE WIFE WHOM THOU LOVEST ALL THE DAYS OF THE LIFE OF THY VANITY, WHICH HE HATH GIVEN THEE UNDER THE SUN, ALL THE DAYS OF THY VANITY: FOR THAT IS THY PORTION IN THIS LIFE, AND IN THY LABOUR WHICH THOU TAKEST UNDER THE SUN.

WHATSOEVER THY HAND FINDETH TO DO, DO IT WITH THY MIGHT; FOR THERE IS NO WORK, NOR DEVICE, NOR KNOWLEDGE, NOR WISDOM, IN THE GRAVE, WHITHER THOU GOEST.





GENERAL AWARENESS
CHARITY SERVICES ASSIST
ALTRUISTIC LIFE VOLUNTEER TIME
COMMUNITY RESCUE REPORT
CONTRIBUTION SUPPORT TEAMWORK
JIT ASSISTED OPEN PERSON



What inspired you to start the Community Cleanup?

Talking about the conditions of our people as far as the sins that we are involved in as a community, whether it be drug selling, prostitution, gang affiliation, things of that nature, we can talk about how our lifestyles need to change but also what encompasses that is the way we live, our environment. So we started to think about tangible solutions to also cope with the changes. Cleaning up our community was a step to that. So if we're going to be a people, have the mindset that we are somebody, we can also live like we are somebody. Just cleaning up our community was the first step.



Can you walk us through a typical cleanup once you get to the site?

Going to a typical cleaning site, we encourage the people that are cleaning why we're doing this, to keep us motivated and to understand the reasons for it. Things that we should look for, things that you would want to see in your neighborhood, that's what we are doing in theirs. We clean up trash, if there's graffiti on the wall, we're scrubbing it. All these things we typically look for once we get to the site. Like the scripture says "Where there is no vision, the people perish", so we try to put out the vision of why we are doing it, and we get straight to it.

What is something that you enjoy most about doing this act of service?

I most enjoy the reaction that we get from it. The people see that someone cares and is trying to make a change. Even though, the sad thing about it is that the neighborhood doesn't stay the same as far as cleanliness but what it does is show that we are willing to do it. And the reaction or response that we get from people is that they appreciate it, they enjoy it, they love seeing it. That is definitely one of the things that I enjoy about it.

How do you go about selecting neighborhoods to clean up?

We really just scout it out. For example, the recent cleanup we did, we have a few brothers in the congregation who live in that apartment complex. Just seeing the irresponsibility of that community of just picking up trash. We'll show that we can be responsible and make our neighborhood look clean.

That one was more so because we knew family that lived in that complex, so we decided to start there. The neighborhood before that was near one of the main highways in the area and we started there because our school was in that location. We thought to just head out the door and pick up trash wherever we see it. Depending on where we are and if we have an apartment complex in mind, that's where we're going. It can be a spur of the moment type deal.



What was the feedback of the community, if any?

The feedback was great. We ran into a lot of people that loved what we were doing. Going forward and doing this more, especially in the Rolling Hills apartments, we plan on coming up with new ideas as far as getting the children involved and people from the community involved. We also had a cookout, so the response that we got was that people really enjoyed it. Again, they seen people that looked like them really care about the way we live and it was a bunch of young adults out there, so that was a positive impact on the people and they loved that.

Do you think the Community Cleanup has inspired the residents to keep their own communities clean after seeing the efforts made?

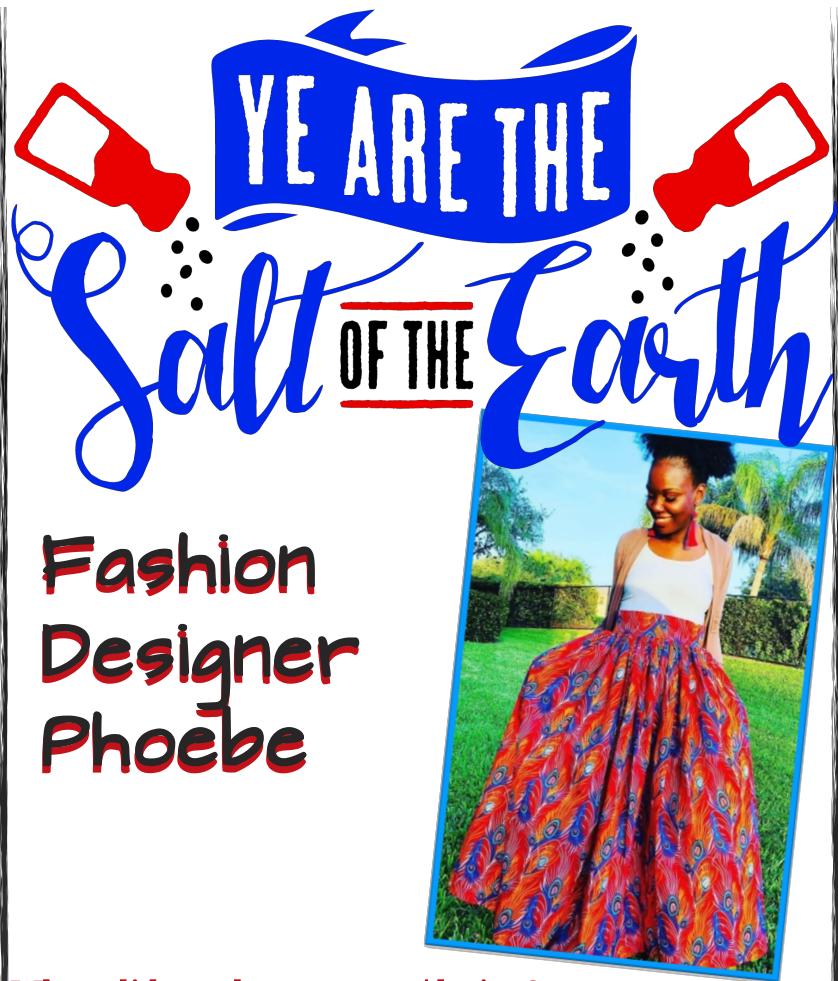
I think it will take more than one time to clean up, so we definitely will be visiting that complex again but I think it at least inspired some to say "Let me do a better job at the way I handle or discard MY own trash". I believe we made an impact with some but I say the more we go out the better results we will have.

What advice would you give those who are wanting to start this in their schools?

I would say, "Do it." We as a people have the desire to do things but it's almost to the degree on some aspects that if someone won't do it, nobody will. So, they need an example, and that's what we set ourselves out to be, that example. This is why we have on the back of our clean up shirts the scripture Judith 8:24-Now therefore, O brethren, let us shew an example to our brethren, because their hearts depend upon us...

When they see some of us do it, they will also inspire themselves to do it, even after we leave, or the mindset will be there.

I would definitely encourage everyone to get involved in this community clean up because it's definitely well worth it. For one, you're being a light, so you're doing your part to the Most High to show your servitude as far as loving your people and loving him, first and foremost. It's alms, it's charity. Secondly, again, it's being an example that we can change one community at a time with just a small example of cleaning up. This is what I would say motivates us to do it and what we should all be motivated by because it's basically killing two birds with one stone. We are edifying, uplifting and encouraging our people and we are basically giving alms to the Most High with time out of our day to go and just clean up. I would definitely advise all the schools to get involved.



When did you learn to sew/design?

The learning process began during my elementary years. I would upcycle and use pair less socks to create the couture evening dresses for my rescued dolls. Overtime, the Most High allowed me to learn from a variety of mentors, learning tutorials, and hand on experiences.

What has inspired you to sew/design?

I am driven to sew/design by the Most High. We are waging a war against immorality to produce a spectrum of clothes that are God approved. We need to change the conversation and debunk all myths about modesty. By using my talents, I aim to simplify the hunt and help adorn Israel with modest apparel.



Do you have a favorite thing to make?

My favorite thing to make is an embellished, fashionable, made to measure dress or skirt.

What do you enjoy most about designing?

The most enjoyable part is honoring God in my work. This is achieved by helping to provide Israel with clothing that matches up to our repented lifestyle.

Are you currently working on any projects?

Yes! I am always working on projects. During this pandemic, a few masks for the mighty Men of the Lord were made. I'm also working on a clothing line called "Purity" to help our youth dress modestly and have fun. The constant objective is to create crossover appeal. It is designed with God of Israel in mind, but any girl/woman can appreciate and wear it.

Any advice you can give to someone who wants to learn how to sew?

Sewing is a talent that cannot be achieved in one day. Sewing is challenging but it has its benefits. Don't get discouraged, ask for help, and be patient.



Anything else you would like people to know about sewing/designing?

It's truly a rewarding talent that when executed flawlessly and correctly, it can bring solutions to many households and the generations to come.



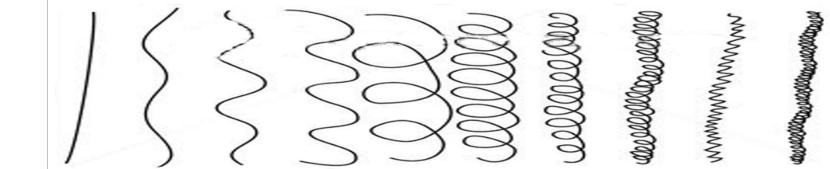
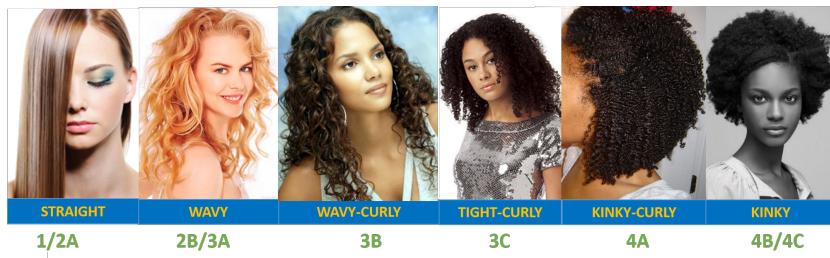
Where can people find your designs?

People can find my work at feastdayemporium.net
 Facebook: @feastdayemporium
 Instagram: @feastday_emporium



THE HAIR TYPING SYSTEM MYTH

THE HAIR TYPE METHOD WAS CREATED IN THE 1990'S BY ANDRE WALKER, OPRAH WINFREY'S HAIRSTYLIST. AT THE TIME, HE CAME UP WITH THE METHOD WHILE CREATING HIS NEW HAIRLINE PRODUCTS AND BECAUSE OF HIS NOTORIETY, IT WAS ADOPTED BY THE HAIR WORLD. MANY OF US TODAY SUBSCRIBE TO THIS METHODOLOGY HOPING THAT THIS WILL LEAD TO UNDERSTANDING OUR WOOLY HAIR.



THE METHOD IS SECTIONED IN FOUR CATEGORIES, 1A, B, C IS STRAIGHT HAIR, 2A, B, C IS FOR WAVY HAIR, 3A, B, C IS FOR CURLY HAIR AND 4 A, B, C IS FOR KINKY HAIR. THE PROBLEM WITH THIS IDEA IS THAT THE NATION OF ISRAEL HAS BEEN SCATTERED INTO THE FOUR CORNERS OF THE EARTH, MEANING WE HAVE INTERTWINED WITH OTHER NATIONS SO FREQUENTLY THAT WE CANNOT JUST HAVE THESE 4 TYPES OF HAIR. SOME OF US HAVE 2 OR 3 DIFFERENT HAIR TYPES COMBINED AND AS WE GET OLDER OUR HAIR TYPE CHANGE DUE TO ALL SORTS OF BIOLOGICAL FACTORS.

THERE ARE SO MANY EXAMPLES OF WHY WE CAN'T PUT OURSELVES INSIDE A BOX WHEN IT COMES TO OUR HAIR TYPES.

WHEN HIS METHOD OF CATEGORIZING BECAME POPULAR, ESAU BECAME UPSET THAT THE HAIR TYPING SYSTEM WAS CREATED WITHOUT INCLUDING THEM, SO THEY CHANGED IT AND INCORPORATED THEMSELVES, CHANGING THE SYSTEM TO THEIR LIKING. NOW WE EMBRACE IT MORE BECAUSE ESAU HAS SUBSCRIBED TO IT, TOO.

HOWEVER, WHEN YOU EXAMINE THE PURPOSE OF THIS SYSTEM, IT CAN BE SHOWN IN THE FACT THAT MANY ISRAELITE WOMEN OFTEN WEAR BLONDE STRAIGHT WEAVES, WIGS, RELAXERS, TEXTURIZERS, ETC. THE SCRIPTURES TELL US NOT TO ENVY THE OPPRESSOR IN PROVERBS 3:31, BUT IT'S APPARENT THAT WE OFTEN ABANDON THAT WISDOM. WHEN WE DON'T TAKE THE TIME TO TRY AND UNDERSTAND OUR HAIR AND ITS CARE ROUTINE, WE ARE MAKING THE STATEMENT THAT WE DO ENVY THE OPPRESSORS.

THE BEST WAY TO UNDERSTAND YOUR HAIR IS TO FIRST TAKE A POROSITY TEST. THIS WILL DETERMINE WHICH PRODUCTS YOUR HAIR NEEDS FOR NOURISHMENT. CREATE A WEEKLY OR BIWEEKLY REGIMEN THAT INCLUDES A WASH, CONDITION, AND ANY ADDITIONAL HAIR TREATMENT YOUR HAIR REQUIRES (I.E. STYLING). AS TIME GOES BY, YOU WILL NOTICE A POSITIVE DIFFERENCE IN YOUR HAIR. UNDERSTAND YOUR BEAUTIFUL COILS, AND PRAYERFULLY COME TO LOVE YOUR WOOL!

BABY NEWS

SHALOM FAMILY AND WELCOME BACK TO ANOTHER ADDITION OF OUR HEBREW JOURNAL! WE HAVE BIG NEWS! YES, THE MOST HIGH BROUGHT BACK ANOTHER PROPHET. LET US GIVE A SPECIAL WELCOME TO ARYEH ZEDEKIAH ISRAEL FROM THE HOUSE OF SOLDIER ZEDEKIAH IN ORLANDO FLORIDA.



HE WAS BORN ON NOVEMBER 20TH, 2020 WEIGHING 6LBS 14OZ. HE WAS A HEALTHY 19-INCH BABY. ALL PRAISES TO THE MOST HIGH FOR A HEALTHY DELIVERY, WHICH IS DEFINITELY NOWHERE NEAR EASY. ALTHOUGH EVERY LABOR IS DIFFERENT, SOME EASIER THAN OTHERS, WE MUST CONTINUE TO SEND UP PRAYERS ONE FOR ANOTHER ESPECIALLY IN THESE TIMES. UNTIL NEXT TIME FAMILY, STAY STRONG AND ENDURE!

James 5:16 "CONFESS YOUR FAULTS ONE TO ANOTHER, AND PRAY ONE FOR ANOTHER, THAT YE MAY BE HEALED. THE EFFECTUAL FERVENT PRAYER OF A RIGHTEOUS MAN AVAILETH MUCH"

PSALMS 127:4

"AS ARROWS ARE IN THE HAND OF A MIGHTY MAN; SO ARE CHILDREN OF THE YOUTH. HAPPY IS THE MAN THAT HATH HIS QUIVER FULL OF THEM: THEY SHALL NOT BE ASHAMED, BUT THEY SHALL SPEAK WITH THE ENEMIES IN THE GATE."

II ESDRAS 14:13

NOW THEREFORE SET THINE HOUSE IN ORDER, AND REPROVE THY PEOPLE, COMFORT SUCH OF THEM AS BE IN TROUBLE, AND NOW RENOUNCE CORRUPTION

NOW THAT DECEMBER IS OVER, HOW DID YOU DO FINANCIALLY THIS YEAR? WHAT COULD YOU HAVE DONE BETTER? COULD YOU HAVE SAVED MORE MONEY THAN YOU DID? COULD YOU HAVE FINALLY INVESTED IN THAT STOCK, RENTAL, OR STARTED A BUSINESS? WHERE WILL YOU BE IN THE COMING YEARS? HOW WILL YOUR FAMILY NEEDS CHANGE IN THAT TIME?

ECCLESIASTICUS 25:3

IF THOU HAST GATHERED NOTHING IN THY YOUTH, HOW CANST THOU FIND ANY THING IN THINE AGE?

THESE ARE JUST SOME QUESTIONS YOU SHOULD BE ASKING YOURSELF AS WE APPROACH TAX SEASON. IF YOU HAVE NOT DONE SO ALREADY, SET UP A FINANCIAL CALENDAR. FIND OUT WHAT IS GOING OUT AND WHAT IS COMING IN. SIT DOWN WITH YOUR SPOUSE, CHILDREN, AND OTHER FAMILY MEMBERS AND SET SOME FIRM FINANCIAL GROUND RULES BASED ON YOUR GOALS. HOW CAN YOU EXPECT TO GET AHEAD OR CATCH UP ON BILLS IF YOU DO NOT KNOW WHERE YOU STAND OR WHAT YOUR GOOD AND BAD FINANCIAL HABITS ARE? WAITING FOR YOUR TAX RETURN TO PAY OFF BILLS EVERY YEAR IS A PLAN TO STAY IN YOUR CURRENT CONDITION OR WORSE.



MANY OF OUR PEOPLE GET FED UP WITH PAYING RENT AND MOVING EVERY OTHER YEAR. ONCE THEY HAVE MADE UP THEIR MIND TO BUY A HOME, THEY NEVER THOUGHT ABOUT THE FINANCIAL MINDSET THEY MUST HAVE TO COMPLETE THAT PURCHASE PROCESS.

THERE'S AN ARTICLE WRITTEN BY SPENCER SMEAD TITLED "AMERICA'S FAST FOOD OBSESSION." IN THAT ARTICLE HE STATES, "THE TYPICAL AMERICAN SPENDS \$1200 ANNUALLY ON FAST FOOD. WITH FAST FOOD MEALS BEING SO CHEAP,



THIS MEANS THAT A PERSON CAN STRETCH THEIR DOLLAR MUCH FURTHER GOING TO A FAST FOOD RESTAURANT RATHER THAN PREPARING THEIR OWN FOOD OR GOING OUT TO EAT AT A TRADITIONAL SIT-DOWN RESTAURANT (AMERICANS SPEND \$50 BILLION ON FAST FOOD)."

MONEY MATTERS



YOU WILL BE SHOCKED HOW CLOSE THIS NUMBER IS TO YOUR ACTUAL SPENDING HABITS ON FAST FOOD. IF YOU ARE SINGLE, WHAT COULD THAT \$1,200 DO FOR YOU? IF YOU ARE A FAMILY OF FOUR, WHAT COULD YOU DO WITH AN EXTRA \$4,800 A YEAR? I ENCOURAGE YOU TO SCRAPP ALL YOUR DEBIT AND CREDIT CARD FAST FOOD CHARGES. IF YOU CAN CUT IT OUT COMPLETELY, DO SO AND PUT THE FUNDS TOWARDS YOUR FUTURE GOALS. REMEMBER THIS, BY CUTTING BACK ON FAST FOOD WILL ALSO CUT BACK ON HOW MANY CALORIES YOU TAKE IN EACH DAY. YOUR BODY WILL THANK YOU AND SO WILL YOUR SPOUSE WHEN THEY SEE THE WEIGHT SLOWLY FALLING OFF.



ONCE YOU HAVE SET THE GROUND RULES IN PLACE, MONITOR YOUR ACCOUNTS. YOU SHOULD BE CHECKING YOUR ACCOUNTS ONCE A DAY OR AT LEAST TWICE A WEEK. TAKE SOME TIME AND GO OVER THIS LIST OF 50 PERSONAL FINANCE TIPS THAT WILL CHANGE THE WAY YOU THINK ABOUT MONEY ([HTTPS://WWW.THEMUSE.COM/ADVICE/50-PERSONAL-FINANCE-TIPS-THAT-WILL-CHANGE-THE-WAY-YOU-THINK-ABOUT-MONEY](https://www.themuse.com/advice/50-personal-finance-tips-that-will-change-the-way-you-think-about-money)). I CHALLENGE YOU TO EXPLORE SOME OF THE LINKS EMBEDDED IN THIS ARTICLE. I PERSONALLY LIKE "THESE IMPORTANT MONEY TO-DOS". IT WILL GIVE YOU SOME INSIGHT ON HOW TO SELF-EXAMINE YOUR THOUGHTS AND HOW TO START TRAINING YOUR MIND TO BE MORE OPTIMISTIC AND NOT PESSIMISTIC.

NINE TOPICS TO EXPLORE

1. CREATE A FINANCIAL CALENDAR
2. TRACK YOUR NET WORTH
3. SET A BUDGET, PERIOD
4. CONSIDER AN ALL-CASH DIET
5. DRAFT A FINANCIAL VISION BOARD
6. SET SPECIFIC FINANCIAL GOALS
7. START WITH SMALL DEBTS TO HELP YOU CONQUER THE BIG ONES
8. IF YOU HAVE BAD CREDIT, GET A SECURED CREDIT CARD
9. START SAVING ASAP



MEET THE ARTIST

Singer Song Writer Composer Producer



Who or what influenced you to become a singer?

Basically, the bible. Usually, what I am reading and what I and my lord have gone through to get where we are right now. So, that is a very big influence on what inspire my lyrics, mediating on those things. What my lord and I have gone through based on overcoming our struggles.

When did you know you was this talented, having a great voice?

I did not know that! It was something I did as a hobby. My lord bought me a Mac back in my college days and he showed me Garage band and I started to make beats and singing to them. They were all for fun; I never planned on making anything big. Until my lord introduces it to the Miami music crew. And they were like, "It is great let's sing it!" And I was shocked like, "What?" I always thought I was going to be an actor or actress but never thought about music. The bible will motivate me especially when I'm watching a class from Bishop. How he would break the scriptures down and I'm like "Oh that sounds like a song." I read the book of Jude and was like I could do a song from this but once I gain more understanding. It motivates me to put precepts together to make a song.

All praises to the Most High.

What are your challenges and frustrations?

Figuring out how to do different styles. I was raised in the Bahamas, so I heard a lot of reggae music, somber music and even folklore, "tribalism" and chanting music. I've been trying to do R&B styles, but it's a struggle. I've been listening to old R&B music, like Judah R&B back in the days. I am trying to get my voice to mimic their sounds, but it's still a struggle. [Also,] sometimes I frustrate myself because I am hard on myself.

Which songs or Album are you most proud of?

My favorite so far is "Obadiah" and my upcoming song "Lamentation 3". Basically, I was just cooking and came up with this beat that was playing in the background and I sent to the Miami crew and they loved it.

ECCLESIASTICUS 40:20
"WINE AND MUSICK REJOICE
THE HEART: BUT THE LOVE OF
WISDOM IS ABOVE THEM
BOTH."

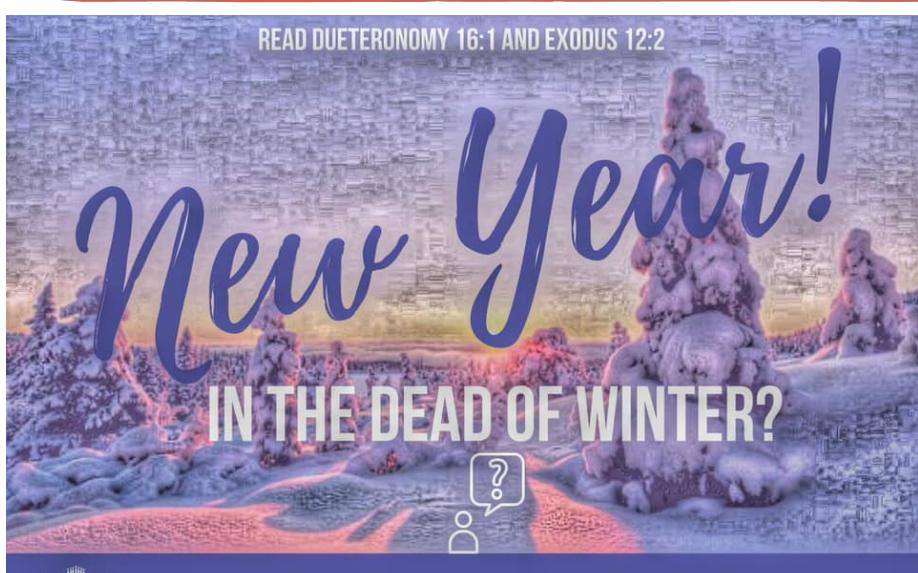
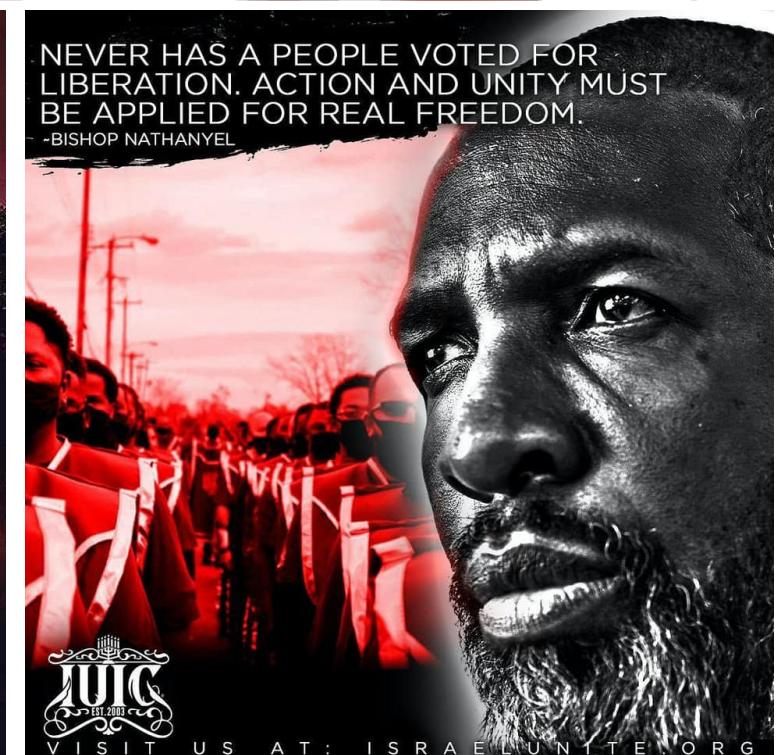
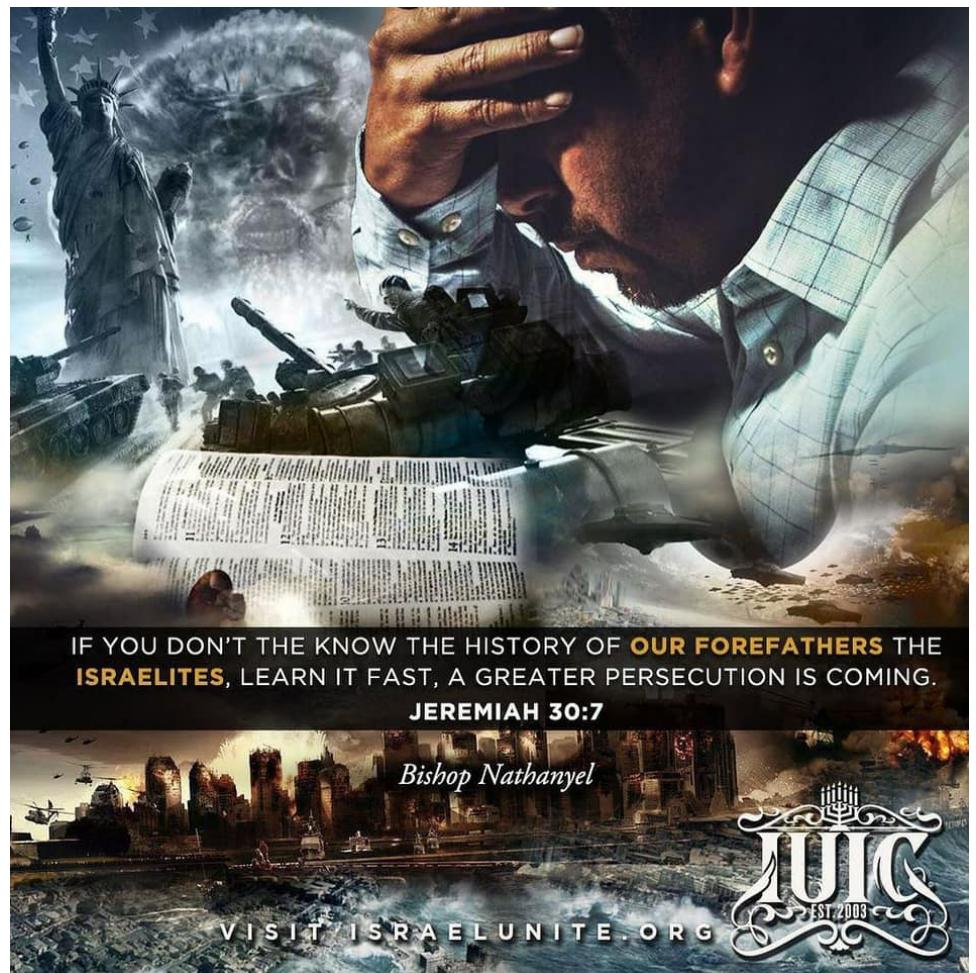
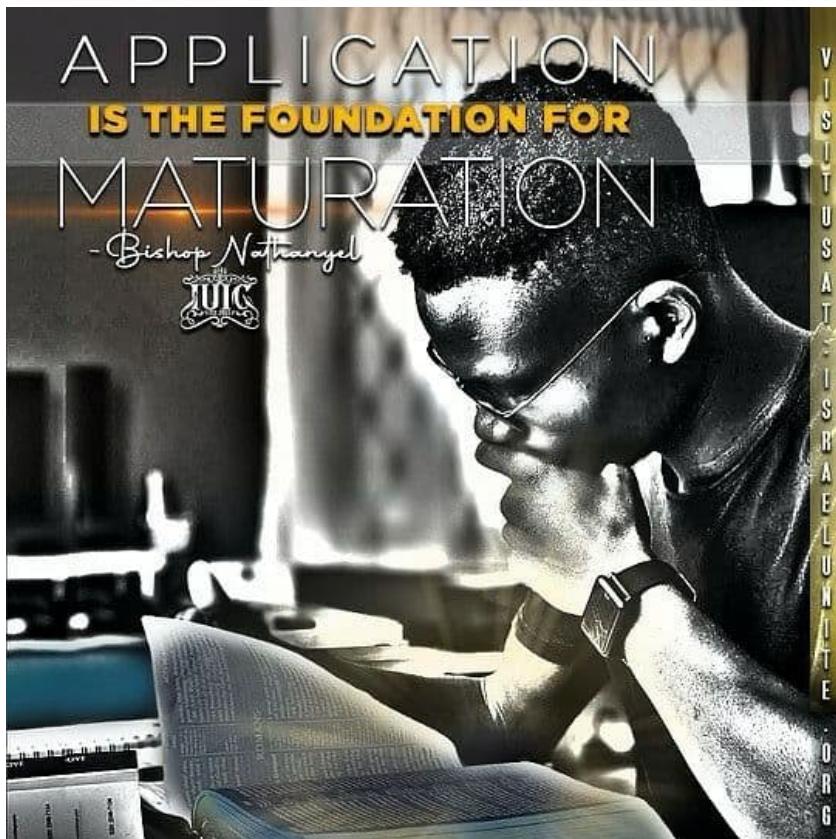
What is your definition of success?

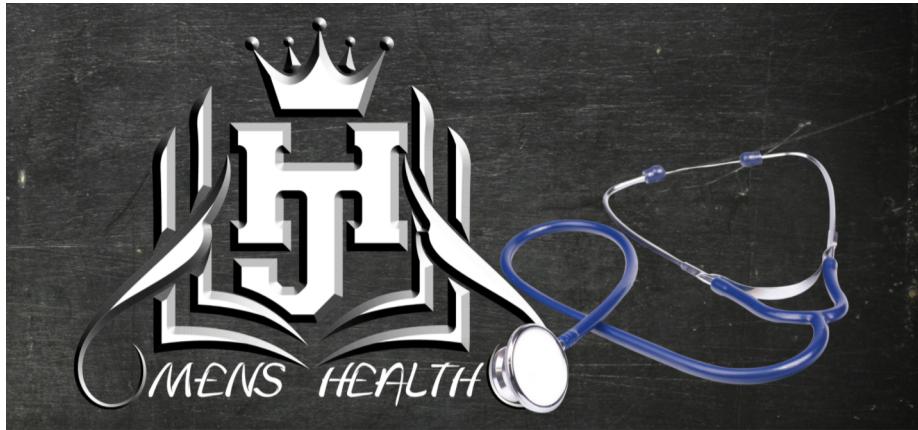
Definitely for the music to be able to help someone. In the sense of they are going through something and they feel some kind of comfort or inspiration. I know I get a lot of inspiration from other artists like sister Moriah, Rina, and sister Naamah. I love the song "Wisdom" by Moriah; I have it as a ring tone.

MOSES - I AM JOB
DEBUT ALBUM
AVAILABLE NOW

Listen on **Apple Music** **Music TIDAL** Listen On **Spotify**

Scriptures of the Month





HIGH BLOOD PRESSURE IS COMMONLY CALLED A "SILENT KILLER"

because it usually has no noticeable symptoms

THAT'S WHY IT'S SO IMPORTANT
TO HAVE ANNUAL CHECKUPS WITH YOUR DOCTOR

ECCLESIASTICUS 38:9

MY SON, IN THY SICKNESS BE NOT NEGLIGENT: BUT PRAY UNTO THE LORD, AND HE WILL MAKE THEE WHOLE.

SHALOM ISRAEL MHNCB YOU ALL,
IN THIS MONTH'S JOURNAL WE WILL LIKE TO FOCUS OUR ATTENTION
ON A HEALTH MATTER THAT PLAGUES THE SO CALLED BLACK,
HISPANIC AND NATIVE AMERICAN (THE ISRAELITES), WHICH IS **HIGH
BLOOD PRESSURE**.

MOST OF THE TIME, HIGH BLOOD PRESSURE (HBP, OR HYPERTENSION)
HAS NO OBVIOUS SYMPTOMS TO INDICATE THAT SOMETHING IS
WRONG. THE BEST WAYS TO PROTECT YOURSELF ARE BEING AWARE
OF THE RISKS AND MAKING CHANGES THAT MATTER.

A FEW FACTS TO BE AWARE OF:

1. MANY PEOPLE WITH HIGH BLOOD PRESSURE DON'T EVEN KNOW THEY HAVE IT. OFTEN THE SIGNS AND SYMPTOMS ARE MISUNDERSTOOD.
2. HIGH BLOOD PRESSURE DEVELOPS SLOWLY OVER TIME AND CAN BE RELATED TO MANY CAUSES.
3. HIGH BLOOD PRESSURE CANNOT BE CURED. BUT IT CAN BE MANAGED EFFECTIVELY THROUGH **LIFESTYLE CHANGES** AND, WHEN NEEDED, **MEDICATION**.

RECOGNIZE YOUR RISKS

BE AWARE OF YOUR RISK FACTORS - THE PHYSICAL AND LIFESTYLE ATTRIBUTES THAT CAN MAKE YOU MORE LIKELY TO DEVELOP HIGH BLOOD PRESSURE.

AWARENESS OF YOUR RISKS CAN HELP YOU IDENTIFY POSITIVE CHANGES THAT YOU CAN MAKE. DO ALL YOU CAN TO AVOID THE SERIOUS PROBLEMS THAT CAN RESULT FROM YOUR BLOOD PRESSURE BEING TOO HIGH FOR TOO LONG.

KNOW YOUR NUMBERS

KNOW WHERE YOU STAND BY MEASURING YOUR BLOOD PRESSURE.

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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heart.org/bplevels

MANAGING BLOOD PRESSURE WITH A HEART-HEALTHY DIET

EATING A HEART-HEALTHY DIET IS IMPORTANT FOR MANAGING YOUR BLOOD PRESSURE AND REDUCING YOUR RISK OF HEART ATTACK, STROKE AND OTHER HEALTH THREATS.

QUALITY NUTRITION FROM HEALTHY FOOD SOURCES

A DIET THAT'S RICH IN:

FRUITS



VEGETABLES

WHOLE-GRAINS

LOW-FAT DAIRY PRODUCTS

SKINLESS POULTRY AND FISH

NUTS AND LEGUMES

NON-TROPICAL VEGETABLE OILS

Lower Blood Pressure with Potassium-Packed Foods

Aim for at least 4,700 mg of potassium each day

Source: Yokoyama Y, Nishimura K, Bernard D, Takegami M, Watanabe M, Sekikawa A, Okamura T, Miyamoto Y. Vegetarian Diets and Blood Pressure: A Meta-analysis. *JAMA Internal Medicine* (In press).

LIMIT OR AVOID

SATURATED AND TRANS FATS



SODIUM

RED MEAT (IF YOU DO EAT
RED MEAT, COMPARE LABELS
AND SELECT THE LEANEST
CUTS AVAILABLE)

SWEETS AND SUGAR-
SWEETENED BEVERAGES

MAKE CHANGES THAT MATTER:

EAT A WELL-BALANCED DIET THAT'S LOW IN SALT * LIMIT ALCOHOL

ENJOY REGULAR PHYSICAL ACTIVITY * MANAGE STRESS

MAINTAIN A HEALTHY WEIGHT * VISIT DOCTOR * TAKE MEDICATIONS

How to Protect Your Heart



Actively
exercise at
least 150
minutes
per week



Follow an
overall
well-balanced
diet



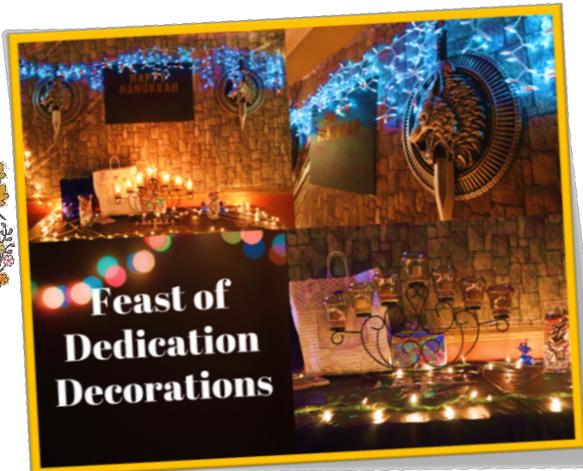
See your
primary care
physician
for a yearly
physical



Stay hydrated
by drinking at
least 64 oz.
of water daily



Sleep
6-8 hours
a night



Feast of Dedication Memories

BY: SAMARIA AND REBEKAH

SHALOM SISTERS, I PRAY YOU ALL HAD A HAPPY FEAST OF DEDICATION!!

I HOPE ALL IS WELL AND I KNOW WE ARE ON WINTER BREAK AND AS SISTERS, WE SHOULDN'T BE IDLE. (1 TIM 5:13 " AND WITHAL THEY LEARN TO BE IDLE, WANDERING ABOUT FROM HOUSE TO HOUSE; AND NOT ONLY IDLE BUT TATTLERS ALSO AND BUSYBODIES, SPEAKING THINGS WHICH THEY OUGHT NOT.") INSTEAD, FIND THINGS THAT CAN BETTER YOU AND YOUR HOME. (PROVERBS 31:27 "SHE LOOKETH WELL TO THE WAYS OF HER HOUSEHOLD, AND EATETH NOT THE BREAD OF IDLENESS.") SO HERE ARE SOME THINGS YOU COULD DO DURING YOUR WINTER BREAK.

1. STUDY THE HISTORY OF FEAST OF DEDICATION

LEARN YOUR HERITAGE; YOU SHOULD KNOW EVERYTHING ABOUT THE FEAST OF DEDICATION AND WHY WE CELEBRATE IT. EVEN IF YOU KNOW IT, REFRESH YOUR MEMORY. YOU CAN FIND THE HISTORY OF FEAST OF DEDICATION IN 1 MACCABEES CHAPTER 1-4 WHICH IS FOUND IN THE APOCRYPHA.

2. MAKE OR PLAY A FEAST OF DEDICATION GAME

MAKING A GAME IS FUN AND CREATIVE ESPECIALLY WITH YOUR FAMILY, SIBLING, OR BY YOURSELF. YOU CAN MAKE A JEOPARDY GAME OR A QUIZLET GAME. HERE IS ONE THAT I MADE ([HTTPS://JEOPARDYLABS.COM/PLAY/FEAST -OF-DEDICATION](https://jeopardylabs.com/play/feast-of-dedication)) AND HERE IS A VIDEO OF US SISTERS PLAYING THE GAME: ([HTTPS://YOUTU.BE/1BJE-9CMAOC](https://youtu.be/1bje-9cmaoc))!

3. DECORATE YOUR HOME/ROOM FOR THE FEAST OF DEDICATION

IN THE WORLD WHEN DIFFERENT WICKED HOLIDAYS COME AROUND, WE WOULD BE SO EXCITED TO DECORATE. NOW THAT WE KNOW OUR TRUE HIGH HOLY DAYS, WE SHOULD BE GLAD TO DECORATE HOMES/ROOMS FOR OUR RIGHTEOUS FEAST DAYS. SO HERE ARE SOME EXAMPLES THAT MY FAMILY AND I DID FOR FEAST OF DEDICATION. YOU CAN MIMIC THESE IDEAS OR CREATE SOMETHING TOTALLY DIFFERENT! BE CREATIVE AND HAVE FUN.

4. CREATE A SPECIAL MEAL FOR THE FEAST OF DEDICATION

SINCE IT IS A FEAST DAY, HAVING A MEAL PREPARED IS A PART OF CELEBRATING AND ENJOYING IT WITH JOYFULNESS AND GLADNESS. ONE MEAL THAT ALWAYS HITS THE SPOT IS ROASTED LAMB WITH MAC & CHEESE AND KALE. FOR DESSERT I USUALLY MAKE FESTIVE UNLEAVENED BREAD (VANILLA UNLEAVENED BREAD WITH CONFETTI SPRINKLES). YUM!

5. CONGREGATE/FELLOWSHIP FOR THE FEAST OF DEDICATION

DURING THE FIRST AND LAST DAYS OF THE FEAST OF DEDICATION, IT IS ORDAINED BY TMH TO CONGREGATE AS THEY ARE DEEMED SABBATH DAYS. SO WITH EACH DAY OF FOD, BE JOYFUL AND GLAD WITH YOUR BELIEVING BROTHERS AND SISTERS!

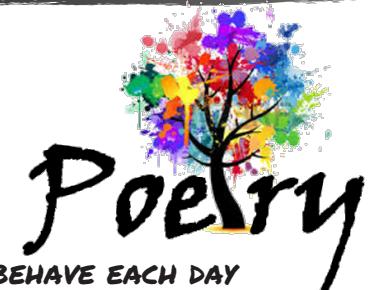
6. HAVE A JOYFUL SPIRIT

LAST BUT NOT LEAST, HAVE A JOYFUL SPIRIT! THESE HIGH HOLY DAYS ARE SPECIAL AND ARE MEANT TO SET ASIDE YOUR WORRIES AND STRESS IN ORDER TO PRAISE TMH AND CELEBRATE WITH GLADNESS (ACCORDING TO 1 MACC. 4:59). ONE WAY THAT ALWAYS HELPS ME TO HAVE A JOYFUL SPIRIT IS PREPARING AHEAD OF TIME. HAVING THE DECORATIONS, MEAL, AND GARMENTS READY BEFORE THE FEAST ENSURES THAT I'M NOT STRESSING OVER THOSE DETAILS DURING THE FEAST. SO BE SURE TO PREP BEFORE THE FEAST OF DEDICATION!



"DISCIPLINE"

BY ZANNA H.O OFFICER ELIAB



SHOWS ME HOW TO BEHAVE EACH DAY

HOW TO TREAT MY SISTERS

KEEPS ME FROM FALLING AWAY

INTO THIS BABYLONIAN SYSTEM

TELLS ME TO OBEY MY LORD

AND THOSE THAT HAVE CHARGE OF MY SOUL

KEEPS ME FROM BEING LAZY

MENDS ME TO BECOME WHOLE

GIVES ME LAWS TO GUIDE ME

TO HELP ME UNDERSTAND

THAT WITHOUT IT I'D BE LOST

NEVER TO RISE AGAIN

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LEVITICUS 5:1 KJV

FCJ

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The 12 Tribes of ISRAEL

GENESIS 49, EXODUS 28, REVELATION 7: 8, REVELATION 7
KING JAMES VERSION

Judah – “AMERICAN BLACKS”

Benjamin – “WEST INDIES BLACKS”

Levi – “HAITIANS”

Ephraim – “PUERTO RICANS”

Manasseh – “CUBANS”

Simeon – “DOMINICANS”

Zebulon – “GUATEMALA TO PANAMA (MAYANS)”

Gad – “AMERICAN INDIANS”

Reuben – “SEMINOLE INDIANS”

Asher – “COLOMBIA TO URUGUAY (INCAS)”

Issachar – “MEXICAN (AZTECS)”

Naphtali – “ARGENTINA/ CHILE”

ISAIAH 11:11 King James Version
“SCATTERED THROUGHOUT
AFRICA & ABROAD”



JAMES 1:1 King James Version
“TO THE TWELVE TRIBES
WHICH ARE SCATTERED ABROAD”

DEUTERONOMY 28:15-68

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